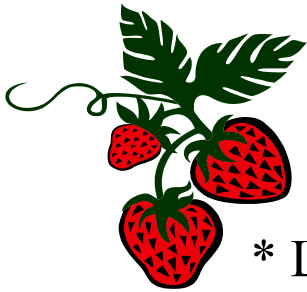


DID YOU KNOW??

- CHILDREN ARE DEVELOPING SYMPTOMS OF “ADULT” CHRONIC DISEASES (LIKE HEART DISEASE & DIABETES) EARLIER IN LIFE
- EATING AT LEAST 5 SERVINGS OF FRUITS & VEGETABLES HAS BEEN SHOWN TO REDUCE THE RISK FOR THESE CHRONIC DISEASES
- CHILDREN ARE EATING TOO FEW FRUITS & VEGETABLES



Help YOUR Scouts...

- * Learn Skills to Make Healthier Choices *
- * Begin Life-Long Healthy Habits *
- * Learn the importance of eating 5 servings of fruits & vegetables every day for better health! *
- * Complete five 5 a Day activities that correspond to specific badge requirements *
- * Earn their own 5 a Day Participation Patch & Cookbook *

Free Nutrition Education Materials

With your participation, these materials are **FREE !!!**

Each Community Youth Organization Kit contains:

- 1 Community Youth Organization Idea & Resource kit with 12 fun fruit & vegetable activities
- 1 “Kids...Get Cookin’!” Bilingual cookbook featuring fruit & vegetable recipes, celebrity photos, and colorful graphics intended to inspire your scouts
- Colorful brochures (1 English, 1 Spanish) with tips for parents and a family game
- 1 cassette tape with the 5 a Day Rap for scouts to learn and perform

TO ORDER MATERIALS, PLEASE CALL:

5 a Day – Power Play!

San Bernardino County Department of Public Health

Phone: (909) 387-6380 Fax: (909) 387-6899





"Growing Healthy and Active Webelos Scouts"

The Inland Empire Region 5 a Day—Power Play! staff has partnered with Boy Scouts of Inland Empire Council to promote healthy eating and physical activity. We are encouraging Webelos Leaders to use the *Community Youth Organization Idea and Resource Kit*, along with their *Webelos Scout Book* to help Webelos Scouts complete their badge requirements. For your convenience, we have identified those 5 a Day—Power Play! activities that correspond with specific badge requirements. Please keep in mind that once your den or patrol has completed five activities from the *Community Youth Organization Idea & Resource Kit*, each boy in your group will receive the *Kids...Get Cookin!* Cookbook at no cost.

Webelos Badge Requirements

Webelos Activity Badge	Requirement	Power Play! Activity
Fitness	#2 Read about and plan family meals for one week (p. 65)	*S #8 Plan a Fun Family Meal *S #5 5 A Day Challenge
Fitness	#3 Keep a Daily Food Record for one week (p. 65)	*S #5 5 A Day Challenge
Family Member	#1 Plan family meals for one week and prepare three of them (p. 210)	*S #8 Plan a Fun Family Meal #3 Dressed Raw Veggies #4 Dried Fruit Snack Packs #5 Recipe Power
Showman	#2 Sing a song with a group (p. 127)	*S #16 Rap-It 5 A Day
Communicator	#7 Visit a radio station (p. 179)	#12 Adopt a DJ
Communicator	#8 Write an article for a newsletter (p. 179)	#10 5 A Day Power News
Outdoorsman	#6 Plan and prepare one outdoor meal (p. 395)	*S #8 Plan a Fun Family Meal #3 Dressed Raw Veggies #4 Dried Fruit Snack Packs

* Activity Available from **5 a Day – Power Play!** School Idea & Resource Mini-Kit

Academics and Sports Requirements

Cub Scout Academics and Sports	Requirement	Power Play! Activity
Physical Fitness	#1 Make diagram of Food Guide Pyramid, list foods eaten in a week (p.71)	*S #5 5 A Day Challenge
Mathematics II Calculating	#2 Go shopping & use a calculator (p. 42)	#9 Field Trip Power
Mathematics III Statistics	#2 Conduct an opinion survey to collect data and graph or chart results (p. 43)	#6 Ripening Power #7 New Plants from Plant Parts
Mathematics V Measuring	#4 Measure, mix and prepare at least two recipes (p. 43)	#3 Dressed Raw Veggies #4 Dried Fruit Snack Packs #5 Recipe Power
Heritages	#9 Help parent prepare a favorite traditional food dish (p. 39)	#5 Recipe Power
Science	#3 Plant seeds and grow a garden vegetable (p. 45)	#7 New Plants from Plant Parts #8 Grow a Mini Vegetable Garden

* Activity Available from **5 a Day – Power Play!** School Idea & Resource Mini-Kit